



10 km

LANTERN NIGHT RACE

First leg of 2018 Irene Triple Challenge
Including 5km fun run!

14 February 2018
Wednesday 19:00
Irene Campus ARC
Centurion



Goodie bags to
all finishers



Presented by Irene Athletics Club

Rated among the TOP TEN, 10 km races in SAI

Please wear headlamps or other lights to add to the atmosphere

RULES:

All participants at their own risk by their entry and indemnify the organisers and sponsors of any liability claims.

All participants in the 10km must wear a valid race number on the front and a valid 2018 licence number on the front and back. Non-registered athletes have to purchase a temporary licence. No licence required for the 5km. Race numbers must not cover the logo of the sponsor on the license number.

The race will take place under the rules of ASA, AGN and IAAF and all participants must wear club colours during the race, except if participating with a temporary license.

Marshalls and traffic officials must be obeyed at all times.

No seconding is permitted.

Minimum age of 14 years on day of race for 10km.

Category winners must provide proof of age to qualify for prizes (ID or other valid documentation).

Athletes competing for category prizes must wear official age category ID (front and back of vest).

Foreign athletes must observe IAAF rule 4 paragraph 2.

No iPods or listening devices allowed. Walkers competing for prize money must wear W tags on front and back of vest.

Medical assistance available.

Entry fees will not be refunded, returned, cancelled or exchanged on account of the weather or any unforeseen circumstances beyond the control of the event organisers.

No official timing of the 5 km fun run.

New Venue 600m from Nellmapius Entrance

25° 89' 71" S
28° 19' 87" E

**ENTRANCE & NO EXIT
MAIN ROAD
WILL CLOSE AT 18:50**

**ENTRANCE OPPOSITE
DENEL GATE
OPEN ALL THE TIME**

**PARKING ALSO
AVAILABLE AT DENEL**

Please arrive early.



ENTRY FEE

| | | |
|---------------|---------------------|----------------|
| RACE FEE | 10km | R100-00 |
| | 5km | R60-00 |
| GRAND MASTERS | 50% of entry | |
| TEMP LICENCE | | R30-00 |

Entries can be done at:

Centurion SPAR - John Vorster Drive (012) 655 1411
Hennops Park SPAR - (012) 654 6174
Monument SUPERSPAR - Skilpad Road (012) 460 8161
Montana SUPERSPAR - Cnr Zambesi Drive & Dr. Swanepoel Str (012) 548 6599
Lyttelton SUPERSPAR - Cnr Clover & Rabie Str (012) 664 3686
Queenswood SUPERSPAR - Queens Corner Centre, Stead & Soutpansberg Ave (012) 333 7290
Sweat Shop - Dunkeld/Southdowns/Bedfordview (011) 325 2567, (012) 665 0048, (011) 450 1847
Run-a-way Sport - (012) 361 3733
On-line: sa-active.com / enteronline.co.za

No temporary licence required for 5km.
Great Grand Master's race entry FREE*
(*However, temporary licence fee still applies)

Pre-entries close
11 February 2018

Numbers can be collected and entries done on 12 & 13 February 2018, 16:00 - 19:00 at the club house of Irene Athletics Club. Entries can also be done on race day from 16:30 until 5 minutes before the start of the race.

PRIZE GIVING

Prize giving will commence at 20:30.

Please note: Category winners who are not present at the prize giving will have to collect their prizes/medals at the offices of IRENE ATHLETICS CLUB.

Gold Medals

First 10 men & women and winners of each category

Silver Medals

Next 100 (excluding category winners)

Bronze Medals

Up until 3000 (balance to be posted)

Medals to all 5km fun run finishers.

Spot prizes

Including SPAR grocery hampers

PRIZES

| Category | Position | Prizes |
|---------------|----------|--------|
| Open | 1st | R750 |
| | 2nd | R500 |
| | 3rd | R300 |
| 40 - 49 years | 1st | R300 |
| | 2nd | R200 |
| 50 - 59 years | 1st | R200 |
| 60 - 69 years | 1st | R200 |
| 70+ years | 1st | R200 |
| 80+ years | 1st | R200 |
| Juniors | 1st | R300 |
| Walkers | 2nd | R250 |
| | 3rd | R150 |
| | | |
| 40-49 years | 1st | R100 |
| 50-59 years | 1st | R100 |
| 60-69 years | 1st | R100 |
| 70+ years | 1st | R100 |
| 80+ years | 1st | R100 |

I am entering the SPAR Lantern Race as follows:

10 km Run/Walk 5 km Run/Walk Temporary Licence

Surname: _____ First Name: _____

Postal Address: _____

Club: _____ Code _____

Email: _____ Cell: _____

All competitors: I declare that I agree to abide by the rules of the event. I will participate in the race at my own risk and hereby indemnify the national and provincial bodies, sponsors and organizers of the race against any action or claim of whatsoever nature, which may result out of my participation in the event.

SIGNATURE OF ENTRANT

DATE

**SIGNATURE OF PARENT/
GUARDIAN IF UNDER 18**

GENERAL:

- Both races will start promptly at 19:00
- Registration starts at 16:30
- Distance markers every 1 km
- Two water points on route
- Refreshments on sale
- Picnic areas available
- The route is not suitable for wheelchair athletes
- Results will be available on the internet
- No unauthorized selling of goods will be allowed on the ARC grounds
- No dogs allowed
- Wear headlamps or other lights please

ENQUIRIES:

Cell: 082 951 2581

Email: info@irenerunner.co.za

www.irenerunner.co.za

